



THIS WEEK'S EATS: *menu four*

+ FREE PRINTABLE RECIPES AND GROCERY LIST BELOW!

MENU:

Breakfast Fried Cauliflower Rice

Buffalo Turkey Burgers and french fries

Garden-Fresh Minestrone Soup and salad

Aloo Gobi with rice

Teriyaki Noodle Stir Fry with chicken or shrimp



BREAKFAST FRIED CAULIFLOWER RICE

Recipe from [Paleo Running Mom](#)

Serves 3

Ingredients:

- 4 slices bacon, cut into bite size pieces
- 2 tbs oil
- 8 oz riced cauliflower
- 1 small onion diced
- 1 small red bell pepper diced
- 6 oz broccoli florets cut into bite size pieces
- 2 tsp coconut aminos (or tamari)
- salt and pepper to taste
- 3 large eggs
- green onion for garnish

Directions:

1. Heat a 10" skillet over medium high heat. Add the bacon pieces and cook until crisp, stirring to evenly brown. Once done, remove with slotted spoon to a plate, set aside. (If using the rendered bacon fat for cooking, save 2 tbs and leave about 1 tbs in the skillet. If not, discard bacon fat and add 1 tbs of preferred fat to skillet.)
2. Lower heat to medium and add the onions, stir to coat. Cook until softened, then add pepper and continue to cook another minute, stirring. Add another tbs cooking fat along with the broccoli and stir to coat. Sprinkle with salt, pepper and seasoning. Cover skillet for 30 seconds to soften broccoli. Uncover skillet and add the bacon, cauliflower rice, and coconut aminos. Stir to fully coat cauliflower rice with the other veggies and bacon. Cook, stirring occasionally for 45-60 seconds or until softened.
3. Lower the heat to low and create 2 grooves for the eggs. Add a bit of fat to each groove and crack an egg in each one. Sprinkle with salt, pepper, and seasoning of choice, then cover the skillet and cook about 2 minutes, or until eggs are cooked to preference. I prefer the yolk still runny and mine took about 2 mins. Remove from heat and garnish with thinly sliced scallions if desired. Enjoy!



BUFFALO TURKEY BURGERS

Recipe from [Taste of Home](#)

Serves 4

Ingredients:

- 2 tbs hot sauce, divided
- 2 tsp ground cumin
- 2 tsp chili powder
- 2 garlic cloves, minced
- 1/2 tsp salt
- 1/8 tsp pepper
- 1 lb lean ground turkey

Directions:

1. In a large bowl, combine 1 tbs of hot sauce with cumin, chili powder, garlic, salt and pepper. Add turkey; mix lightly but thoroughly. Shape into four 1/2-in.-thick patties.
2. In a large nonstick skillet coated with cooking spray, cook burgers over medium heat 4-6 minutes on each side or until a thermometer reads 165°F.
3. Serve burgers on buns with lettuce, celery, salad dressing and remaining hot sauce.

Freezer option: Place patties on a plastic wrap-lined [baking sheet](#); wrap and freeze until firm. Remove from pan and transfer to a large resealable plastic bag; return to freezer. To use, grill frozen patties as directed, increasing time as necessary for a thermometer to read 165°F.



GARDEN-FRESH MINESTRONE SOUP

Recipe from Made With Lev

Serves 4-6

Ingredients:

- 1-2 tbs olive oil
- 1 onion, diced
- 1 large carrot, peeled and chopped
- 2 celery stalks, diced
- 2 cloves garlic, minced
- dash cayenne pepper (optional)
- 1 (28-oz) can diced tomatoes
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 2 cups vegetable broth
- 2 cups water
- 1 cup (gluten-free) pasta
- 1 cup packed spinach
- salt and pepper to taste

Directions:

1. Heat oil in a 6-quart pot over medium heat. Add onion, and cook for 2-3 minutes. Add carrot, celery, garlic and cayenne pepper (if using). Sauté vegetables are slightly tender, about 3 min.
2. Add tomatoes, green beans, broth, water, and pasta and bring to a boil. Reduce heat and simmer, covered, until pasta is tender, about 10 min. Stir in spinach.
3. Serve hot!



ALOO GOBI

Recipe from Made With Lev

Serves 4-6

Ingredients:

- 1 -2 russet potato, peeled and diced
- 1 large cauliflower, cut into 1-inch pieces
- 1 onion, peeled and diced
- 2 beef steak tomatoes, diced
- 1 tbs ginger
- 2 tsp garlic, minced
- 1 jalapeño pepper, stemmed and sliced
- 1 tsp ground cumin
- 1 tsp garam masala
- 1 tsp turmeric
- 1 tbs kosher salt
- cooking oil

Directions:

1. In a large skillet over medium heat, add 1-2 tbs oil and diced potatoes. Cook for 5-7 minutes, or until potatoes begin to soften. Add in onion and cauliflower and sauté for another 5 minutes. Add the tomato, ginger, garlic, jalapeño pepper, ground cumin, garam masala, turmeric and kosher salt and stir to combine.
2. Cook until potatoes and cauliflower are tender and beginning to get crispy on the outside but not burnt.
3. Serve with your favorite basmati rice or enjoy as is. (I also love it as a side to my eggs in the morning.)



TERIYAKI NOODLE STIR FRY

Recipe from [Wife Mama Foodie](#)

Serves 2-3

Ingredients:

- ¼ cup tamari
- 1 tbs honey
- 1 tsp rice vinegar
- ½ tsp sesame oil
- pinch of black pepper
- 8-9 oz noodles
- 2 cups shredded cabbage
- 2 carrots, julienned
- 1 whole bell pepper, stem and seeds discarded and thinly sliced
- 4-5 mushrooms, sliced
- 2 cloves garlic, minced
- 1 cup snow peas
- 3-4 green onions, chopped into 2-inch pieces

Directions:

1. Prepare noodles according to package instructions and set aside.
2. In a small bowl combine tamari, honey, rice vinegar, sesame oil, and pepper. Stir and set aside. (If you add extra veggies/noodles or like it really saucy, I recommend doubling the sauce!)
3. Place a large frying pan or wok on the stove over medium-high heat. Add 1 tbs of cooking oil, along with the cabbage, carrots, bell pepper, mushrooms, and garlic. Sauté vegetables for 2-3 minutes until slightly tender. Add snow peas and green onions and sauté for 1 more minute.
4. Add drained noodles and half of the teriyaki sauce. Quickly stir-fry on high heat for 1-2 minutes, stirring constantly, until sauce thickens and evenly coats the noodles, adding the remaining sauce as needed. Serve immediately.



SHOPPING LIST

From the store:

- Almond Slices
- Bell Pepper x2
- Broccoli, head
- Butter (or Earth Balance)
- Cauliflower, head
- Chickpeas (canned or dried)
- Cilantro (or Parsley)
- Eggs
- Gnocchi (Gluten Free or Regular)
- Kale
- Milk (cow, nut, oat)
- Onions x3
- Potatoes (Russet or Yukon Gold)
- Red Onion
- Rice
- Salad Stuff
- San Marzano Tomatoes, 28-oz can
- Scallions
- Steak (Flat Iron, Strip, Sirloin)
- Sweet Potato x3
- Turkey Breast, boneless, 3 lbs
- Turkey Broth
- Vegetable Broth

From the pantry:

- All Purpose Seasoning
- Apple Cider Vinegar
- Bread Crumbs (GF)
- Chili Powder
- Coconut Aminos (or Tamari)
- Cornstarch
- Cumin
- Flour (GF or Regular)
- Garlic, minced
- Hot Sauce
- Lemon Juice
- Olive Oil
- Pepper
- Salt
- Tahini